

## WIC Services

- Nutrition screening and assessment
- Nutrition counseling
- Nutritious food packages
- Breast-feeding guidance
- Breast pump loan program
- Food Tastings
- Nutrition activities and group classes
- Infant formula preparation education
- Cooking demonstrations and recipes
- Referral assistance to other public programs

## Frequently Asked Questions

**Q. It's hard for me to get off of work or school to come to all of the WIC appointments, what can I do?**

**A.** The WIC Program lets you have a "proxy" or another person go to certain appointments for you and pick-up your WIC vouchers. Your proxy can also go to the grocery and pick up your WIC foods for you.

**Q. I can't take my child out of school to go to so many WIC appointments, what can I do?**

**A.** Children should be present at their first visit, but there are certain times when the child does not have to be present. Please ask your local WIC office.

**Q. Do I need to be eligible for Medicaid to qualify for WIC?**

**A.** No, you just need to meet the income guidelines. You can find out the income guidelines by contacting your local WIC clinic.

## WIC Food Package

The WIC food packages provide foods that are good sources of protein, calcium, iron, vitamin C, and vitamin A. These nutrients are important for growing babies and children as well as pregnant and breastfeeding women.



**Protein** – builds strong muscles and body tissues. WIC sources are milk, evaporated milk, eggs, cheese, peanut butter, beans/peas, and tuna.

**Calcium** – important for growing strong bones and teeth. WIC sources include, milk, evaporated milk, and cheese.

**Iron** – helps to keep your blood and body healthy. WIC sources of iron are infant formula, WIC cereals, beans/peas, peanut butter, and tuna.

**Vitamin C** – builds healthy bones, teeth, and skin and also helps heal wounds and burns. WIC sources are fruit and vegetable juices.

**Vitamin A** – helps fetal and infant growth. WIC food source is carrots.

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**Special Supplemental  
Nutritional Program  
for**

# Women Infants Children

**IT'S IN YOUR NEIGHBORHOOD  
MEETING YOUR NUTRITION NEEDS.**



## All About WIC

WIC is a nutrition program which has been established for Women, Infants, and Children. WIC serves pregnant, breast-feeding, and postpartum women, infants, and preschool children.

Sufficient nutrition during growth and development improves the health of our children, our society, and future generations. This means that good nutrition during pregnancy, infancy, and childhood can help build a fit and healthy population.

WIC provides a food package, nutrition education, and referrals to other health and social services.



## WIC Nutrition Services

WIC nutrition services include an assessment, a nutrition care plan, nutrition counseling, educational activities, reassessment, and continued nutrition guidance.

Nutritionists, Nurses, and Health and Nutrition Educators provide all the nutritional healthcare in the WIC Clinics.

## Why Should You Participate In The WIC Program?

Nutrition counselors encourage healthy eating habits, which in turn improves weight gain during pregnancy and helps produce robust babies with fewer health problems at birth. Nutrition counseling is also provided by WIC clinics to encourage successful breast-feeding and to promote continued good health, preventing chronic disease.

Women who participate in the WIC Program have healthier diets—they are encouraged to have balanced meals and to consume more of the needed nutrients, such as iron, protein, calcium, vitamin C, and vitamin A. Their babies and children also have healthier diets. A good diet improves the baby's brain growth and mental abilities, and promotes the development of stronger and healthier bodies.



## Who Qualifies?

Pregnant and postpartum women, infants, and children (under 5 years old) may qualify to participate in the WIC program. Those who receive Medicaid, FITAP, or Food Stamps, or whose income meets the WIC income guidelines and who are also at nutritional risk, as defined by WIC guidelines, are eligible for WIC benefits.



## Where Do You Go?

To sign up for the WIC Program, go to the WIC clinic nearest you. You can call 1-800-251-BABY to find out which WIC clinic is in your area.

## What Should You Bring On Your First Visit?

- The participant (infant, child or woman)
- Proof of identity for the participant and for the proxy or parent/caretaker of the infant/child
- Proof of participation in the Medicaid, food stamp or TANF program or proof of income
- Proof of a Louisiana address
- If available, medical information from your doctor (height, weight, hgb/hct, and immunization records)